



Lesson 5

Pray. Trust.

Prayer is a direct phone line to God. It is how we communicate with our Heavenly Father. It is the master key that opens the door to our Daddy's secrets. Through prayer, we see His heart. Some may think that prayer is boring and dry but as we learn to see what God sees and feel how He feels, prayer becomes a powerful tool to change the world around us through His Spirit. He shows us how to pray and how to proceed. How wonderful--our Daddy has decided to bring HIS Kingdom to earth through our prayers and us!

Nothing is too big or too small to bring to Him. Think of your best friend. Think of how many times you talk or text with her each and every day. This is how He wants you to speak with Him. But here is the best news! You have THE best friend, The Holy Spirit, living inside of you. He will tell you things, show you what to do, and where to go. He will show you how to pray in every situation. All the time. At any part of the day. God wants to be involved in every aspect of your life, just as a best friend would want to be involved.

THE KEY TO PRAYER IS ABIDING.

“BUT IF YOU REMAIN IN ME AND MY WORDS REMAIN IN YOU,
YOU MAY ASK FOR ANYTHING YOU WANT, AND IT WILL BE GRANTED.”
JOHN 15:7 (NLT)

What does abiding mean?

Abide in Greek is the word **meno** (GK #3306), which means: to remain, stay, continue, to be expectant. This means we are to keep depending, trusting, and never stop believing! We persevere in Jesus!

John 15:1-14 states that Jesus is the vine, and we are the branches.

Abiding is:

A relationship. Branches are connected to vines and the vines are connected to the branches. This union is mutual.

We abide in Him and He in us (vs. 4).

Dependence. Without the vine, the branches would not receive the nutrients to thrive, grow, and produce.

Without Jesus, we can do nothing (vs. 5).

How do we abide?

Jesus kept it very simple. (Matthew 22:37-39)

Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.

Love your neighbor as yourself.

Feast on His love. Spend time with Him. You were created for a romance with the King of Kings, spending time talking and just being with one another. Remain in Him.

LESSONS ON PRAYER

Pray in secret.

“BUT WHEN YOU PRAY, GO AWAY BY YOURSELF, SHUT THE DOOR BEHIND YOU, AND PRAY TO YOUR FATHER IN PRIVATE. THEN YOUR FATHER, WHO SEES EVERYTHING, WILL REWARD YOU.” MATTHEW 6:6 (NLT)

MODEL PRAYER

OUR FATHER IN HEAVEN, MAY YOUR NAME BE KEPT HOLY.

MAY YOUR KINGDOM COME SOON.

MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN.

GIVE US TODAY THE FOOD WE NEED, AND FORGIVE US OUR SINS, AS WE HAVE FORGIVEN THOSE WHO SIN AGAINST US.

AND DON'T LET US YIELD TO TEMPTATION, BUT RESCUE US FROM THE EVIL ONE.

MATTHEW 6:9-13 (NLT)

TRUE PRAYER is scriptural and simple.

Every phrase in the Lord's Prayer is taken from the Old Testament. So what does that tell us?

Our prayers should be familiar with the Word. And, we should pray for the promises that are given to us in it. (1 John 5:13-14)

In order for us to talk to God and for Him to talk back, we have to:

Slow down, take time, and be still before Him.

Quiet our hearts down. Think about who He is.

A good form to use when praying: **ACTS**

ADORATION! Praise Him for who He is! He is the King over EVERYTHING! Praise Him!

CONFESSION! We know that our sins separate us from God. These sins must be dealt with every day, otherwise our prayer will be boring, meaningless, and nothing will happen. Ask for forgiveness in areas of sin in our lives. Receive His forgiveness.

THANKSGIVING! Think about the day. Verbalize what we are grateful for in our lives.

Maybe it is a bad day. There are always things to be thankful for even in the midst of hard days. Ask Holy Spirit to reveal all the things you are grateful for in your life and the world around you. Thank Him for all of His good gifts.

SUPPLICATION! Be totally honest with God. Pour out everything to Him so He can meet our needs. In addition, God will bring people to mind for us to pray for. It is like we are coming alongside of them in their time of need.

The power of prayer does not depend on how many words you speak.

“WHEN YOU PRAY, DON’T BABBLE ON AND ON AS THE GENTILES DO. THEY THINK THEIR PRAYERS ARE ANSWERED MERELY BY REPEATING THEIR WORDS AGAIN AND AGAIN. DON’T BE LIKE THEM, FOR YOUR FATHER KNOWS EXACTLY WHAT YOU NEED EVEN BEFORE YOU ASK HIM!” MATTHEW 6:7-8 (NLT)

God just wants you to be truthful with Him. What is on your heart?

Faith

There is no true prayer without faith. FAITH is the power-seed of God. Even a little faith gives us great power.

THEN JESUS SAID TO THE DISCIPLES, “HAVE FAITH IN GOD. I TELL YOU THE TRUTH, YOU CAN SAY TO THIS MOUNTAIN, ‘MAY YOU BE LIFTED UP AND THROWN INTO THE SEA,’ AND IT WILL HAPPEN. BUT YOU MUST REALLY BELIEVE IT WILL HAPPEN AND HAVE NO DOUBT IN YOUR HEART. I TELL YOU, YOU CAN PRAY FOR ANYTHING, AND IF YOU BELIEVE THAT YOU’VE RECEIVED IT, IT WILL BE YOURS.”

MATTHEW 17:20 (NLT)

Forgiveness

Forgive everyone for everything. Do not hold grudges.

“BUT WHEN YOU ARE PRAYING, FIRST FORGIVE ANYONE YOU ARE HOLDING A GRUDGE AGAINST, SO THAT YOUR FATHER IN HEAVEN WILL FORGIVE YOUR SINS, TOO.”

MARK 11:25 (NLT)

Prayer is not
something to DO;
it is about being with
SOMEONE.

Persistence

What promise has He spoken over your situation? Hold firmly to it. Do not give up! Abide in Him. Wait and trust Him.

THEN HE SAID TO THEM, "SUPPOSE ONE OF YOU HAS A FRIEND, AND GOES TO HIM AT MIDNIGHT AND SAYS 'FRIEND, LEND ME THREE LOAVES OF BREAD FOR A FRIEND OF MINE WHO IS ON A JOURNEY HAS JUST COME TO VISIT ME AND I HAVE NOTHING TO SERVE HIM'; AND FROM THE INSIDE HE ANSWERS, 'DO NOT BOTHER ME; THE DOOR HAS ALREADY BEEN SHUT AND MY CHILDREN AND I ARE IN BED; I CANNOT GET UP AND GIVE YOU ANYTHING.' I TELL YOU, EVEN THOUGH HE WILL NOT GET UP AND GIVE HIM ANYTHING JUST BECAUSE HE IS HIS FRIEND, YET BECAUSE OF HIS PERSISTENCE AND BOLDNESS HE WILL GET UP AND GIVE HIM WHATEVER HE NEEDS. SO I SAY TO YOU, ASK AND KEEP ON ASKING, AND IT WILL BE GIVEN TO YOU; SEEK AND KEEP ON SEEKING, AND YOU WILL FIND; KNOCK AND KEEP ON KNOCKING, AND THE DOOR WILL BE OPENED TO YOU. FOR EVERYONE WHO KEEPS ON ASKING (PERSISTENTLY) RECEIVES; AND HE WHO KEEPS ON SEEKING (PERSISTENTLY), FINDS; AND TO HIM WHO KEEPS ON KNOCKING (PERSISTENTLY), THE DOOR WILL BE OPENED."

LUKE 11:5-10 (AMP)

Webster Dictionary defines persistence as "the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people."

Pray until you praise.

"DON'T BE PULLED IN DIFFERENT DIRECTIONS OR WORRIED ABOUT A THING. BE SATURATED IN PRAYER THROUGHOUT EACH DAY, OFFERING YOUR FAITH-FILLED REQUESTS BEFORE GOD WITH OVERFLOWING GRATITUDE. TELL HIM EVERY DETAIL OF YOUR LIFE, THEN GOD'S WONDERFUL PEACE THAT TRANSCENDS HUMAN UNDERSTANDING, WILL MAKE THE ANSWERS KNOWN TO YOU THROUGH JESUS CHRIST." PHILIPPIANS 4:6-7 (NLT)

Fasting

When prayer alone is not providing clarity, we can strengthen our prayer by fasting. (Acts 13:2-3; 14:23) This is not so others can see us. (Matt. 6:16-18, Luke 18:1-12) Fasting can include fasting from food but it could also be fasting from TV, social media, secular music, etc. When we fast from food or other things, the Lord puts on our hearts, we spend time with Him. Through fasting and prayer, it can help us hear clearly from God about a need. It can also reveal our hidden sin, it can build our faith, and it can strengthen our dependency on God and God alone.

Praying in the Spirit

Pray in the Spirit when He prompts you to pray or when you do not know what to pray.

AND THE HOLY SPIRIT HELPS US IN OUR WEAKNESS. FOR EXAMPLE, WE DON'T KNOW WHAT GOD WANTS US TO PRAY FOR. BUT THE HOLY SPIRIT PRAYS FOR US WITH GROANINGS THAT CANNOT BE EXPRESSED IN WORDS. AND THE FATHER, WHO KNOWS ALL HEARTS, KNOWS WHAT THE SPIRIT IS SAYING, FOR THE SPIRIT PLEADS FOR US BELIEVERS IN HARMONY WITH GOD'S OWN WILL.

ROMANS 8:26 (NLT)

When we pray, it should lead to action.

God will often give you a specific direction or insight into a situation as we spend time at His feet. Obey Him. We can be confident that He is going to do His work according to His Word that He spoke to us.

POSTURES OF PRAYER

Standing (Neh. 9:5)

Kneeling (Ezra 9:5)

On your face (Num. 16:22, Gen 17:3)

Sitting (1 Chron. 17:16)

Bowing (Ex. 34:8)

Hands lifted (1 Tim. 2:8)

CONCLUSION

Satan will always try to hinder our prayer life, but remember that if we will abide (keep depending, trusting, and never stop believing!) in Him, the less work Satan has to work with.

Our prayers can also be hindered by ourselves when we:

Do not have love in our hearts

Lack praise

Have unforgiveness in our hearts

Only think of ourselves

Lack faith

If we struggle with any of these things, we should bring them to the Lord.

God answers prayer!!

He reveals His mind to us when we pray.

He puts new thoughts into our mind.

He answers through His Word.

